Visit our website for more product information:
www.oster.com

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P.N.9100180000545
BLSTPB/BLSTIM-074_13EM1
GCDS-OST32593-SL

Printed in China

MODELS: BLSTPB/BLSTIM SERIES

USER MANUAL
OSTER® MY BLEND/FITNESS SERIES BLENDERS

READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USE

- Check if the voltage indicated on the appliance corresponding to the local mains voltage before you connect the appliance.
- To disconnect, grasp plug and unplug cord from electrical outlet.
- To protect against risk of electrical shock, do not immerse the cord, plug or motor base in water or any other liquids.
- Do not let cord hang over edge of table or counter or touch hot surfaces.
- Never leave appliance unattended when in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Close supervision is necessary when used by or near children.
- Avoid contact with moving parts. Keep hands and utensils out of sport bottle while blending to prevent personal injury or damage to the blender.
- The blade is sharp. Handle with care.
- To reduce the risk of injury, never place cutter-assembly blades on base without sport bottle properly attached.
- Do not attempt to bypass the interlock system that powers the unit on.
- Do not blend hot liquids in the blender.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent.
- Do not use outdoors or for commercial purposes; this appliance is for household use only.
- Always operate on a flat surface.
- Unplug the blender when not in use, before taking off or putting on parts and before cleaning.
- Use this appliance for its intended use as described in this manual. The use of attachments not made by the manufacturer, including canning or ordinary jar and processing assembly parts, is not recommended by Sunbeam Products, Inc. and may cause a risk to persons.

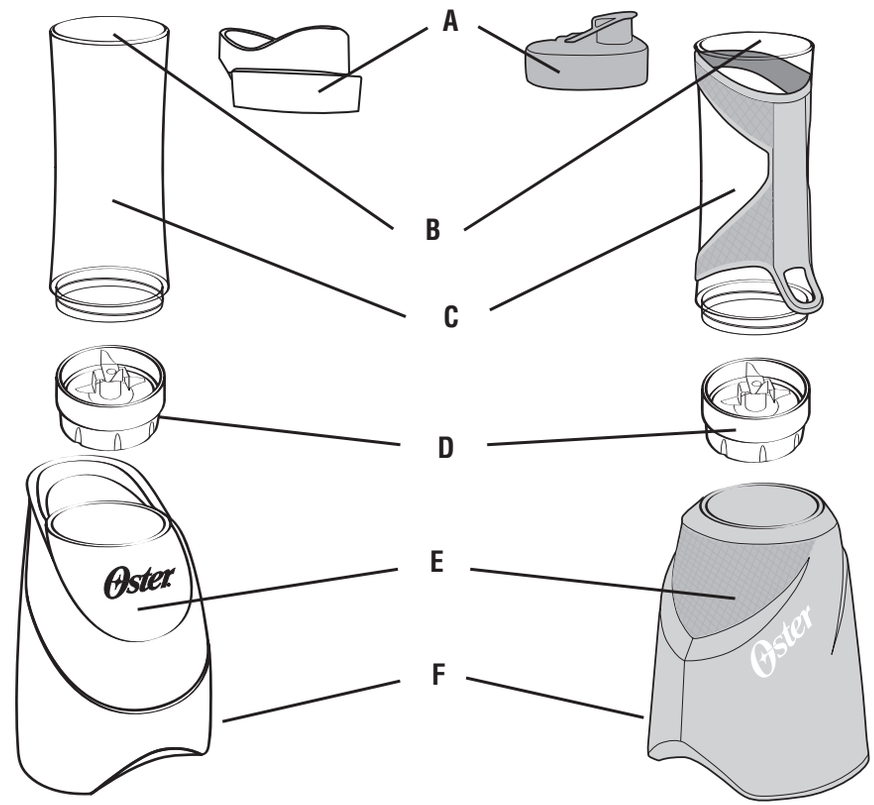
NOTE: This blender is for household use only and please suspend one minute for every three minutes of continuous operation.

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

PRODUCT STRUCTURE

Congratulations on your purchase of an Oster® My Blend/Fitness Blender! To learn more about Oster® products, please visit us at www.oster.com.



A. Spill-Proof Drinking Lid
B. Lid Storage Position
C. Sport Bottle
D. Blade Assembly
E. Blender Base
F. Power Cord

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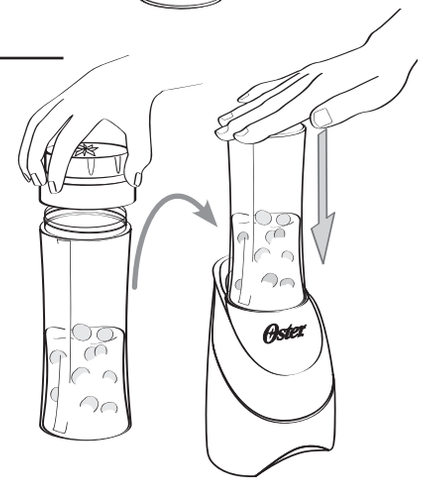
USING YOUR OSTER® MY BLEND BLENDER

Clean blender according to the instructions in the "Cleaning and Storing Your Blender" section.

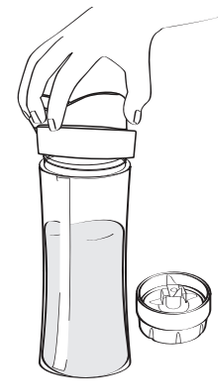
1

Place the My Blend sport bottle on a flat surface with the open end facing up. Fill the sport bottle with your favorite ingredients. Be sure not to fill ingredients past the 600 mL marking.



2

Fasten the blade assembly on the open end of the sport bottle.
Turn the sport bottle upside down, line up arrows on the blade assembly to the arrows on the base, and place the sport bottle in the base.
With one simple touch blending begins by pressing the sport bottle down in the base.
To lock the sport bottle in the base for hands-free operation, simply turn the sport bottle clockwise in the base.
Blending will stop once you either stop pressing the sport bottle into the base or once you unlock the sport bottle from the base.



3

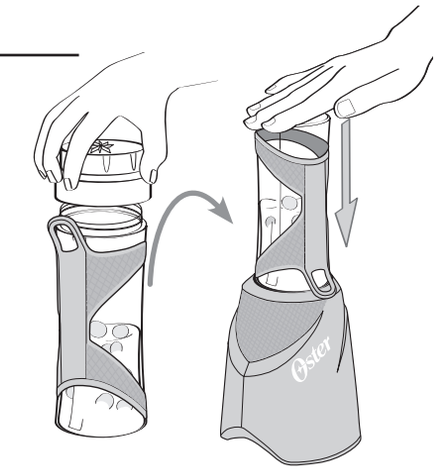
Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid. Take the My Blend sport bottle with you throughout the day to stay hydrated.

USING YOUR OSTER® FITNESS BLENDER

Clean blender according to the instructions in the "Cleaning and Storing Your Blender" section.

1

Place the Oster® Fitness Blender sport bottle on a flat surface with the open end facing up. Fill the sport bottle with your favorite ingredients. Be sure not to fill ingredients past the 600 mL marking.



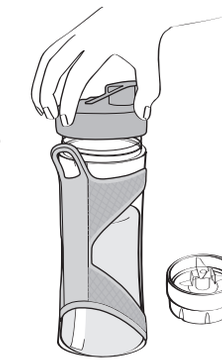
2

Fasten the blade assembly on the open end of the sport bottle.

Turn the sport bottle upside down, line up arrows on the blade assembly to the arrows on the base, and place the sport bottle in the base.

With one simple touch blending begins by pressing the sport bottle down in the base.

To lock the sport bottle in the base for hands-free operation, simply turn the sport bottle clockwise in the base.
Blending will stop once you either stop pressing the sport bottle into the base or once you unlock the sport bottle from the base.



3

Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid. Take the Oster® Fitness Blender sport bottle with you throughout the day to stay hydrated.

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TIP: After you've consumed your blended beverage, wash out the sport bottle and reuse it throughout the day for water or other cold liquids.

Note: For optimal performance, place desired ingredients in the Sport Bottle according to the following order: Liquids, fresh ingredients, frozen fruit, yogurt and ice cream.

Blending Tips

- Put liquids in the cup first, unless a recipe says otherwise.
- Cut all firm fruits and vegetables into pieces no larger than ¾ inch (1.8 cm) to 1 inch (2.5 cm).
- Don't overload sport bottle. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then, remove a portion of the food and continue.
- This blender will not mash potatoes, whip egg whites or substitute dairy toppings, mix stiff dough or grind raw meat.

Cleaning and Storing Your Blender

IMPORTANT: UNPLUG BEFORE CLEANING. DO NOT IMMERSE THE BLENDER BASE IN WATER OR ANY OTHER LIQUID. Use a damp, soft sponge with mild detergent to clean the outside of the blender base. All parts except for the blender base are dishwasher-safe. You can also wash the parts, except the blender base, in warm, soapy water. Rinse well and dry.

Storing Your Blender

After cleaning, reassemble blade assembly to open end of the sport bottle and then place in the blender base. Snap the drinking lid on the other end of the sport bottle.

RECIPES

Rise 'N' Shine Shake

Makes 1 (540ml) serving

1 cup milk
1 cup strawberries, hulled and halved
1 kiwi, peeled and quartered
½ cup strawberry frozen yogurt
1 tablespoon sugar

Pour milk into sport bottle. Add strawberries, kiwi, frozen yogurt and sugar. Fasten the blade assembly on the open end of the sport bottle.

Turn the sport bottle upside down and place it in the base, lining up the arrows on the blade assembly with the arrows on the base. Press the sport bottle down in the base or turn the sport bottle clockwise to lock it for hands-free operation. Blend 20 to 30 seconds or until smooth.

Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid.

Raspberry-Lemon Smoothie

Makes 1 (540ml) serving

1 cup milk
1 teaspoon vanilla
1½ cups frozen raspberries
1 container (180ml) lemon yogurt

Pour milk and vanilla into sport bottle. Add raspberries and yogurt. Fasten the blade assembly on the open end of the sport bottle.

Turn the sport bottle upside down and place it in the base, lining up the arrows on the blade assembly with the arrows on the base. Press the sport bottle down in the base or turn the sport bottle clockwise to lock it for hands-free operation. Blend 20 to 30 seconds or until smooth.

Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid.

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Frozen Hot Chocolate

Makes 1 (540ml) serving

1 cup milk
2 tablespoons hot cocoa mix
1 cup ice cubes
½ cup chocolate ice cream
1 container (180ml) vanilla yogurt

Pour milk into sport bottle. Add hot cocoa mix, ice cubes, ice cream and yogurt. Fasten the blade assembly on the open end of the sport bottle.

Turn the sport bottle upside down and place it in the base, lining up the arrows on the blade assembly with the arrows on the base. Press the sport bottle down in the base or turn the sport bottle clockwise to lock it for hands-free operation. Blend 30 to 45 seconds or until smooth.

Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid.

Protein Energy Shake

Makes 1 (540ml) serving

1 cup plain soymilk
2 tablespoons honey
¼ cup walnuts
¼ to ½ teaspoon ground cinnamon
1¼ cups vanilla soy yogurt

Pour milk and honey into sport bottle. Add walnuts, cinnamon and yogurt. Fasten the blade assembly on the open end of the sport bottle.

Turn the sport bottle upside down and place it in the base, lining up the arrows on the blade assembly with the arrows on the base. Press the sport bottle down in the base or turn the sport bottle clockwise to lock it for hands-free operation. Blend 20 to 30 seconds or until smooth.

Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid.

Berry Morning Medley

Makes 1 (540ml) serving

1 cup milk
¼ teaspoon vanilla
¼ cup old-fashioned oats
1 cup frozen mixed berries
1 container (180ml) plain yogurt
1 tablespoon sugar

Pour milk and vanilla into sport bottle. Add oats, berries, yogurt and sugar. Fasten the blade assembly on the open end of the sport bottle.

Turn the sport bottle upside down and place it in the base, lining up the arrows on the blade assembly with the arrows on the base. Press the sport bottle down in the base or turn the sport bottle clockwise to lock it for hands-free operation. Blend 20 to 30 seconds or until smooth.

Turn the sport bottle over and place on a flat surface. Replace the blade assembly with the drinking lid.

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1 YEAR LIMITED WARRANTY

Warranty service is available for a period of one year from date of purchase subject to following exceptions:

- Consumable parts such as blending blade assembly.
- Damage due to improper use, alternation, abuse, accident or installation or operation not in accordance with local electrical codes.
- Damage resulting from operation other than normal food preparation.
- Units bought more than one year from date of purchase.

For service, please contact any of the following Oster service centers at your convenience:

Coleman Store Galleria *Lower Level 1, East Lane* *Robinson's Galleria* *Pasig City, National Capital Region* Tel. No.: **63 2 6329145**	**YSU Marketing** Mortola Street Cogon Cagayan de Oro City, Misamis Oriental Tel. No.: **63 88 8572875**
Coleman Store Makati *3rd Floor, Glorietta 2, Ayala Center* *Makati City, National Capital Region* Tel. No.: **63 2 8282998**	**FilTrend Marketing Corporation** *Platinum 21, 34 Barcelona Street* *Zamboanga City, Zamboanga* Tel. No.: **63 62 9912514**
Coleman Store Alabang *2nd Level, Expansion Mall* *Alabang Town Center* *Muntinlupa City, National Capital Region* Tel. No.: **63 2 8507854**	**JLS Service** *430 Maharlika St. Carangalan, Tibing Road, Dagupan City* Tel. No.: **63 75 5227508**
Caro & Marie *18 Cherry Court Bldg.* *General Maxilom Avenue* *Cebu City, Cebu* Tel. No.: **63 32 2334525 / 2334553**	**ETR Electronics** *La Perla Insurance Bldg.* *Rosario corner Mabini St. Bacolod City* Tel. No.: **63 34 7071604**
Doreen's Chef Corner *Rizal corner Carlos Tan Streets* *Ormoc City, Leyte* Tel. No.: **63 53 5610475**	**Mega Haus Trade center** *R. Magsaysay Avenue corner Narra Street* *Davao City, Davao* Tel. No.: **63 82 2211833 / 3058208**
JNGJ Enterprises *Gopiao Bldg., Dolores, San Fernando, Pampanga* Tel. No.: **63 45 9617404**	

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